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FISH AND WILDLIFE SERVICE

FOR FOOD EDITORS

For Release SEPTEMBER 24, 1956

OCEAN PERCH IS A POPULAR FROZEN FILLET

Ocean perch are caught by New England fishermen from Cape Cod to eastern Nova Scotia. Although these hordes of diminutive, flame-colored fish were long familiar to fishermen, this species was practically unknown to the consumer until 1935. It was then that the fishing industry discovered how adaptable ocean perch were to filleting and freezing, and for shipping to inland markets.

This fish has risen from a place of insignificance to rank first among New England species in volume of catch. It has been known by such names as "rosefish," "redfish," "red perch," and "sea perch." The fishing industry has finally adapted "ocean perch" as the official name.

Since nearly all ocean perch are marketed as frozen fillets, the consumer rarely sees the whole fish. It is a small fish, weighing from 8 ounces to 3 pounds.

When cooked, the meat is white and flaky with a delicate flavor that blends very well with numerous other foods. Now that green peppers are in season, the home economists of the Fish and Wildlife Service suggest the serving of "Green Peppers Stuffed with Ocean Perch." Here is the recipe.

GREEN PEPPERS STUFFED WITH OCEAN PERCH

2 pounds ocean perch fillets, frozen	1/4 cup chili sauce
6 large green peppers	1 teaspoon salt
1/3 cup diced bacon	Dash pepper
3 tablespoons chopped onion	2 tablespoons butter or other fat,
1/4 cup chopped celery	melted
1/2 cup dry bread crumbs	

Thaw fillets. Skin. Cut into one-half inch pieces. Wash green peppers. Cut a thin slice from the top of each green pepper and remove seeds. Simmer green peppers in boiling salted water for 10 to 12 minutes. Drain. Fry bacon until crisp; add onion, celery, chili sauce, seasonings, and fish. Simmer for 10 minutes or until fish flakes easily when tested with a fork. Fill green peppers with fish mixture. Combine butter and crumbs; sprinkle over top of green peppers. Place in a well-greased baking pan. Bake in a moderate oven, 350° F., for 20 to 25 minutes or until brown. Serves 6.

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